

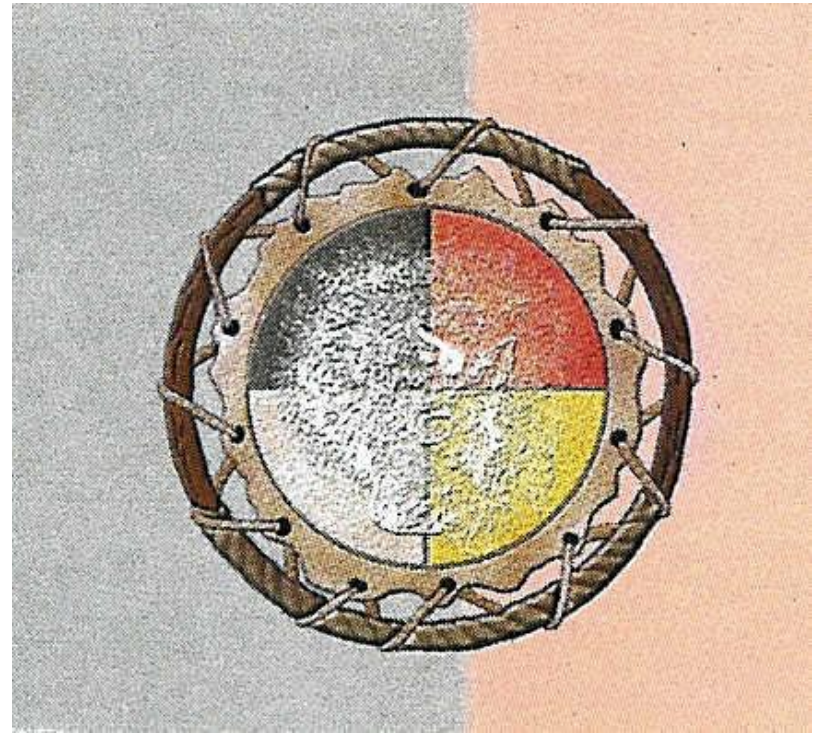
The Lean Machine: The Four  
Directions to Eating Lean and  
Being Lean

# Lesson Objectives

- ◇ List three ways to reduce daily fat intake.
- ◇ List three ways to increase daily physical activity.
- ◇ Describe how Native Americans were traditionally physically active.
- ◇ Recognize how each of the four directions are important to leading a healthy lifestyle.
- ◇ Describe why the traditional diet was low in fat.

# Explanation of the Medicine Wheel

- ◇ Physical symbol showing relationship with the universe.
- ◇ Everything has a spirit or part of the Great Spirit within itself.
- ◇ Four sections, each of a different color and different meaning



# Explanation of the Medicine Wheel

- ◇ The four colors have different meanings depending on the Tribe.
  - Red: life, knowledge, and winter
  - Black: darkness, night, and hardship
  - Yellow: power, spring or new beginnings
  - White: integrity and summer
- ◇ Contemporary interpretation may symbolize the races of people.

Physical

Fat is not always a bad thing.

# What is fat?

- ◇ Fat is:
  - Part of food needed by the body each day
  - Keeps the body warm
  - Protects the organs
  - Maintains body temperature
  - Gives flavor to food
- ◇ The problem today is too much fat is eaten.

# What can happen if I eat too much fat?

- ◇ If you eat too much fat in your diet, it can lead to weight gain.
- ◇ Being overweight can cause many health problems.
- ◇ Native Americans have some of the highest rates of diabetes, obesity, and heart disease in the country.
- ◇ These diseases can be preventable.

Mental

Eating "lean" can be easy.



# What are some high fat foods?

- ◇ Cream
- ◇ Lard
- ◇ Chips
- ◇ Ice Cream
- ◇ Cookies
- ◇ Doughnuts
- ◇ Cheese
- ◇ Whole Milk
- ◇ Candy Bars
- ◇ Fast Food
- ◇ Processed Meats (hot dogs, bologna, sausage)

# What are some ways you can make these foods high in fat?

- ◇ Potatoes
- ◇ Fruits
- ◇ Lean Meats
- ◇ Sandwich
- ◇ Salad



# Can I learn to make "lean" choices?

<b>Instead of High Fat Foods</b>	<b>Try Low/Lower Fat Foods</b>
Cheese	Use less cheese or low fat cheese.
Whole Milk	1% or Skim Milk
Butter/Hard Margarine	Soft Margarine
Lard	Oil
Chips	Baked Chips, Pretzels
Cookies	Fresh Fruit

# Are all fats bad for me?

## ◇ Saturated Fat

- Not healthy for the body and can be harmful to your heart.
- Found in animal foods
- Usually solid at room temperature

## ◇ Monounsaturated Fat

- Found in oils (olive, canola, and peanut), most nuts and some margarine
- Can be helpful for your heart
- Usually liquid at room temperature

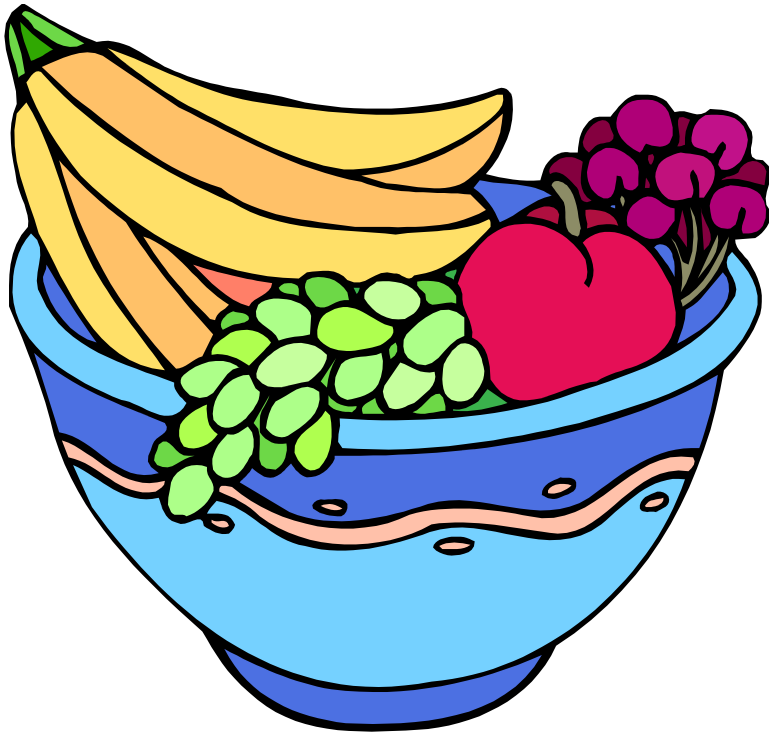
# How can I learn to purchase "lean" foods?

- ◇ Read food labels
- ◇ Purchase lean meats
  - Lean meats were a big part of the traditional Native American diet.
  - Certain cuts of beef, pork, and chicken can also be lean.
    - ◇ Beef and Pork: round and loin
    - ◇ Chicken and Turkey: white meat

# Can I learn to cook "lean"?

- ◇ Fry food less.
- ◇ Use oil instead of lard.
- ◇ Trim fat off of meats.
- ◇ Try a variety of seasonings when cooking vegetables.
- ◇ Remove the skin from chicken.
- ◇ Use non-stick cooking sprays and/or Teflon coated pans.
- ◇ Drain the fat when browning ground beef.
- ◇ Remove the layer of fat off the top of chilled soup, chili, and stews.

# Can I learn to snack in a "lean" way?



- ◇ String Cheese
- ◇ Fresh and Canned Fruit
- ◇ Fresh Vegetables
- ◇ Nuts (almonds, walnuts, pecans)
- ◇ Baked Chips
- ◇ Pretzels
- ◇ Bagels
- ◇ Low fat popcorn

# Emotional

Balance is the way to a "lean machine"!



# Is a balanced diet possible in today's busy world?

- ◇ When trying to eat less fat, balance is the way!
- ◇ Eating all foods in moderation including high fat foods will give your body the balance it needs.
- ◇ Remember all foods can fit into a healthy lifestyle.

# Why do I eat?

- ◇ It is important to remember what the reason is behind your food choices.
- ◇ People may eat when they are sad, depressed, grieving, lonely, and happy.



# Spiritual

Traditionally, Native Americans lived a balanced "lean" lifestyle.

# Traditionally, Native Americans lived a balanced "lean" lifestyle.

- ◇ Among the various tribes, there were ceremonies and dances honoring foods throughout the year.
- ◇ These ceremonies provided a spiritual connection between the food and the people.
- ◇ People would eat huge amounts of food during these feasts and celebrations.
- ◇ The people were also very active by playing traditional games and dancing.

# Did the Creator naturally make foods with less fat?

- ◇ Wild Rice
- ◇ Potatoes
- ◇ Wild Turnips
- ◇ Roots
- ◇ Corn
- ◇ Squash
- ◇ Berries
- ◇ Pumpkins
- ◇ Beans
- ◇ Fish
- ◇ Cactus
- ◇ Milkweed
- ◇ Mushrooms
- ◇ Roots
- ◇ Buffalo
- ◇ Deer
- ◇ Pheasants
- ◇ Prairie Chicken
- ◇ Grouse
- ◇ Ducks

# Physical

Being physically active is good for  
your body.

# What is physical activity?

- ❖ Physical activity is any movement of the body produced by the muscles that results from an increase of energy being used.
- ❖ Basically it is moving around and using up energy doing it.



# Why do bodies need physical activity?

- ◇ Your body needs physical activity to stay healthy and free from disease.
- ◇ By being physically active, you may be able to stay at a healthy weight and prevent diseases.





Does physical activity benefit your body in other ways besides disease prevention?

- ◇ Physical activity does other things for the body.
  - Keeps your heart healthy.
  - Keeps your bones strong.
  - Keeps your weight healthy.
  - Helps you lose weight.
  - Helps build muscle.
  - Helps lower blood pressure.
  - Helps you sleep better.

# What do I need to do to get my body ready for physical activity?

- ◇ Talk with your doctor before beginning an intense exercise program, especially if you have any health problems.
- ◇ Stretch to warm up the body for the activity.
- ◇ Begin the activity slowly for the first 5-10 minutes. Then safely move to a faster pace.
- ◇ Do the talk test.
- ◇ Slow down during the last 5-10 minutes for a cool down effect.

# Should I eat or drink before I become physically active?

- ◇ It is very important to drink water before, during, and after physical activity.
- ◇ People who are taking diabetes medications or insulin should make sure to have a small snack before being physically active unless it is right after a meal.

Mental

Physical activity can become a habit.

# What are some different types of physical activity?

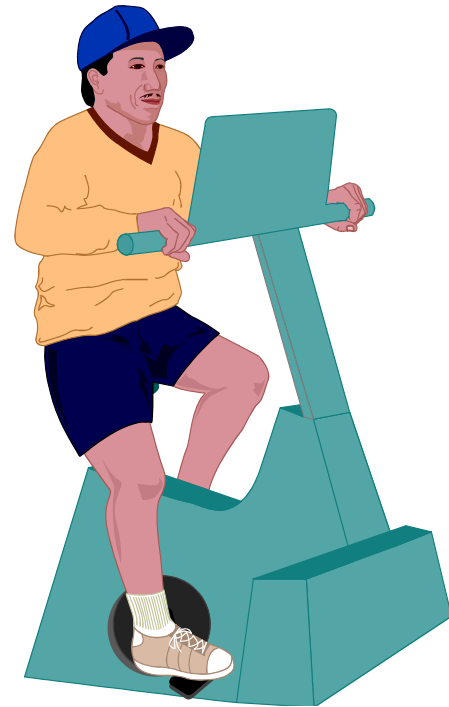
- ◇ Walking
- ◇ Running
- ◇ Jogging
- ◇ Biking
- ◇ Gardening
- ◇ Swimming
- ◇ Basketball
- ◇ Aerobics
- ◇ Dancing
- ◇ Hunting
- ◇ Jumping Rope
- ◇ House Cleaning
- ◇ Walking the Dog

# Intensity of Physical Activity

- ◇ Some activities burn more calories in a shorter amount of time than others, which is described as the activity's intensity.
- ◇ Low – Stretching, Gardening,
- ◇ Moderate – Walking (brisk), Dancing
- ◇ High – Basketball, Running, Swimming

# How often should I be physically active?

- ◇ You should be active each and every day.
- ◇ Traditionally, Native Americans lived active lifestyles.
- ◇ It is important to try and be physically active for at least 30 minutes most days of the week.



# Daily Ways to Be Physically Active Include:

- ◇ Park the car farther from the door and walk the rest of the way.
- ◇ Hide the remote and get off the couch to change the channels.
- ◇ Use a portable phone and walk while you talk.
- ◇ Dance with your children.
- ◇ Use the stairs instead of the elevator
- ◇ Walk during your lunch break, before, or after work.



# Should I do a variety of physical activities?

- ◇ Doing a variety of activities is important for you to prevent your body and your mind from getting bored of the activity.
- ◇ It is also important to do activities that help your body become more flexible and keep your heart and muscles strong.



# Emotional

Physical activity is an excellent way to relieve stress and cope with hardships.

# Can physical activity help you deal with your emotions?

- ◇ Everyone needs to take time and care for his or her inner spirit.
- ◇ Physical activity can help you
  - Release anger in less hurtful ways
  - Helps heal a broken heart
  - Brings a smile to a face
- ◇ A lesson learned from the ancestors' lifestyle is that there are benefits to moving and being active.

# How can I make physical activity regular activity?

- ◇ Find an exercise partner.
- ◇ Try different physical activities to keep from becoming bored.
- ◇ Keep a calendar of when and how long you are physically active each day.
- ◇ Reward yourself with non-food rewards.
- ◇ Join a community sports team or exercise at the local wellness center.

# Spiritual

Traditionally, Native Americans lived a balanced "lean" lifestyle.

# Did Creator intend for your body to be active?

- ◇ Physical activity and spirituality had a great connection in the past.
- ◇ Being physically active and fit were honored and respected.
- ◇ Traditionally, the rigors of such ceremonies as the Sun Dance or Vision Quest required not only a strong body, but also a strong spirit.
- ◇ This strength of spirit encourages each of us to live a healthy and "lean" life.

"The Circle is Sacred – When we acknowledge that all of life is sacred and that each act is an act of choice and therefore sacred, then life is a sacred dance lived consciously each movement. When we live at this level, we participate in the creation of a better world."

– Scout Cloud Lee